



Newsletter of the Greater Cleveland Intergroup Council



# Al-Anon *HiLites*

March 2020



Issue 6

Volume 6

## Al-Anon Services

### International News

Al-Anon Family Group World Service Office  
1600 Corporate Landing Parkway  
Virginia Beach, Virginia 23454-5617

### Meeting Information

Visit [www.Al-Anon.org](http://www.Al-Anon.org)

### Cleveland Area Website

[www.clevelandal-anon.org](http://www.clevelandal-anon.org)

**Do you want HiLites delivered to your email? Contact:**

[hilites.clev.ais@gmail.com](mailto:hilites.clev.ais@gmail.com)

**Do you want HiLites delivered by U.S. Mail?**

Call (216) 621-1381

**Send All U.S. Mail Correspondence To** Greater Cleveland  
Al-Anon, PO Box 42323, Brook Park, Ohio 44142-0323

**Send literature orders to:** [cleveland.ohio.ais@gmail.com](mailto:cleveland.ohio.ais@gmail.com)

**Cleveland Area Office Location Hours Monday-Thursday**

14900 Detroit Avenue, Suite 308, Lakewood, Ohio 44107

Please call (216) 621-1381 9:30-3:30 pm before visiting.

**We are so grateful for the many gifts we have received in Al Anon. We suggest each group conduct a group conscience and consider sharing your “lucky year” with the three arms of service. Please see page 13 for donation information. ☘ Please share your good luck!**

**Al-Anon HiLites Policy:** Al-Anon HiLites includes the experiences and opinions of Al-Anon members and others. Opinions expressed are not to be attributed to Al-Anon, nor does publication of any article imply endorsement by Al-Anon or HiLites. **Take what you like and leave the rest!**

**To contact the volunteer editors of HiLites:** please email [hilites.clev.ais@gmail.com](mailto:hilites.clev.ais@gmail.com) or U.S. mail to PO Box above.

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**Any correspondence regarding groups or office literature requests email [cleveland.ohio.ais@gmail.com](mailto:cleveland.ohio.ais@gmail.com)**

**Or call (216) 621-1381**

### Publisher

Newsletter of the Greater  
Cleveland Al-Anon &  
Alateen Intergroup  
Council

Al-Anon helps you  
find the missing

‘Peace’





**Intergroup News** Cleveland Intergroup Council meets at 7:00 PM at Vincent Charity Hospital Rosary Hall Building 2nd Floor Room 203 -W 2351 East 22nd Street Cleveland, Ohio 44115

**Officers & Committee Chairs**

Chairperson: Betty  
Secretary: Sheila  
Treasurer: Merri

Office: ☆Volunteers  
World Service  
Public Information: Regina  
Archives: Vivian

Alateen: Gary & Sara  
Website: Ray  
HiLites: Mary Jo

☆Office volunteers are: Julie C, Vivian M, Nancy H, Kathy B, Susan H & Kathleen M☆

**CLEVELAND AL-ANON COUNCIL**

Minutes of the Meeting of  
January 17, 2020

The meeting began at approximately 7:02 p.m. with a reading from *Hope for Today*. Introductions were then made. There were 17 persons in attendance – five advisors, nine Group/District Representatives, and three guests. The minutes of the December 20, 2019, meeting were read with Motion then made to accept the minutes as written.

**VOLUNTEERS/OFFICE REPORT:** Connie gave a report as follows:

1. The office is very busy with orders. Newcomers packets and meeting schedules are the most requested. She noted that meeting schedules are hard to keep on the shelves.
2. She asked that when calling in an order that whoever is calling to please give the correct name of the group they are with.
3. Merri noted that the meeting schedule has been updated as of January 2020. She asked the groups to make sure they give her any new information for the schedules. The information can be e-mailed to her at ([cleveland.ohio.ais@gmail.com](mailto:cleveland.ohio.ais@gmail.com)).
4. There was a discussion about the costs for shipping. One problem is with the larger envelopes and postage costs.

**TREASURER'S REPORT:** Merri gave her report for December as follows (see full report attached to these minutes for a breakdown of deposits and disbursements):

Office:

Statement Ending Balance - November	\$58,573.98
Statement Ending Balance – December	\$59,040.43

Some items from the report:

1. There were two deposits totaling \$1,648.67. Donations were \$200.00 for the office, and \$1,403.67 was for payments for literature orders made by groups or individuals. The following groups and individuals donated to the office this month: two donations in memory of Genevieve N.; one from Fred and Carol J., and one from Nancy K. Two groups that

donated this month were Expect a Miracle and Monday Al-Anon Discussion Group. There was also one deposit from Phillips 66 in the amount of \$74.27 which is an interest payment from an oil well left by a deceased member.

2. Total expenses for the month of December were \$1,256.49. Five checks cleared the bank this month in the amount of \$151.00; there were two electronic withdrawals in the amount of \$210.49; and there were two other debits totaling \$895, which consisted of \$495 for rent and \$400 toward reducing our deficit with AFG, Inc.
3. Merri has been in contact with the WSO regarding the total amount due to them and full details are included in the attached report. The total outstanding debt to the WSO remains at \$8,407.86. Sheila, Council Secretary, will contact the Assistant Prosecutor for our crime claim to find out if this amount can be paid in full. She will report back at the February Council meeting.
4. Sales taxes on literature sold in November were \$86.80.
5. Per diems earned in November were \$230.00 (one was declined, resulting in \$200.00).
6. Merri next presented the 2019 Gratitude Night report (full report attached to these minutes). Total donations were \$1,027.66; total expenses were \$687.50; and total proceeds from Gratitude Night were \$340.16. A discussion followed on whether Gratitude Night should be kept simple (for instance, just with simple snacks and beverages), or to keep it like it has been recently (more foods, prize gifts, etc.). Further discussion to follow.

Respectfully submitted, Merri G., Treasurer

#### **HILITES:**

1. Connie presented the HiLites subscription form for people wishing to have the newsletter mailed to them.
2. Mary Jo requested that any submissions be sent to her.
3. Jan raised an item of concern dealing with confidentiality when submitting items for the HiLites. She requested that additional language be added to the letter going to the groups reminding members that since the HiLites is posted on a public website that we do not have the same degree of confidentiality that we do in a meeting. This additional language will be added to the letter.

**ALATEEN:** Gary gave his report, along with the 2019 Alateen Treasurer Report (attached to these minutes).

1. Cleveland Alateen ended the year 2019 with \$6,013.94 in the checking account. I've attached a breakdown of our Income and Expenses for the year. For the Cleveland Area, we are in a good position for this year's KOMIAC Conference to cover any registrations for our area Alateens.
2. Ohio Alateen is hosting this event July 24-26. As it looks now, at Bowling Green State University. Any donations we get this year, I would like to use to help put on this Conference. Ohio Alateen tries to keep costs low as to make it affordable for not only Ohio Alateens, but also for the other three states as well (Kentucky, Michigan and Indiana). Any money left over gets divided up equally between the four states. So, any donations we receive would not only help Ohio, but the other three states.
3. A question was asked about the cost to send an Alateen to KOMIAC, and Gary replied that it costs \$150.00 to send each child.

We appreciate all the support the Cleveland Area has been in the past. Any donations can be made in the name of KOMIAC or Alateen Cleveland and sent to the Cleveland Al-Anon Office, P.O. Box 42323, Brook Park, Ohio 44142-0323.

Respectfully submitted, Gary J., Alateen Cleveland

**ARCHIVES:** No report.

**PUBLIC OUTREACH:** There was no report.

**GREATER CLEVELAND AI-ANON WEBSITE:** Connie gave a report.

1. She stressed the importance to make sure when submitting information for anniversaries that the correct time, location, and date must be given. There has been confusion over missing information.
2. She presented a Google Search Console report for performance on Google Search for December (full report is attached to these minutes). The top performing pages were for finding a meeting, the website in general, and the area news/upcoming events pages, with the most inquiries coming from mobile devices.

**GREATER CLEVELAND DISTRICTS/WSO:**

1. A discussion was had over the new service manual that had to be reprinted due to the number of changes that were being made. The office will be ordering these new copies.

**OLD BUSINESS:**

1. Criminal matter update – There was a discussion about the balance outstanding to the WSO and whether Council should pay this off in full. Comments followed, and Sheila suggested contacting the assistant prosecutor for our case to find out if there is any problem in doing this. Motion was made and approved to pay off the balance in full pending an answer from the prosecutor's office.
2. Merri described her ongoing efforts with the WSO concerning the payoff of our outstanding literature balance. The WSO had requested a short summary/status report for our claim and when we might expect to make payment (letter attached).
3. There was a discussion concerning the certificates of deposit held at Ohio Savings and whether the signers on these certificates should have background checks done on them. Betty remarked on what happened in our 2015 audit and the suggestions Zinner & Company, CPA's, made for the handling of office monies.
4. Jan presented an outline of items for a financial review of the office. One item was a move to a new bank. Marilyn and Merri volunteered to do research on the best rates for different banks. Sheila will also check with the assistant prosecutor to see if there is any problem with changing banks while the criminal matter is pending. Motion was made and approved to have Betty call Ohio Savings to make the change that two signers must sign when cashing in the CD's, rather than just one signer.

**NEW BUSINESS:**

1. Topics to be discussed at the February Council meeting include: (a) what is a prudent reserve for the Al-Anon Office; (b) results of search for different bank; (c) whether to keep Gratitude Night as it is or go back to simpler times with just speakers and light refreshments; (d) possible background checks for those members whose names are on the CD's; (e) Sydney's letter concerning provision of funds for the DR's; (f) letter to all the groups concerning the new HiLites; (g) possible move of the office from its current location; and (h) the Spring Workshop.



CALENDAR OF UPCOMING EVENTS

- 03/14/20 Spring Area World Service Committee Meeting, North Congregational UCC Church, 1040 W. Henderson Road, Columbus, Ohio 43220; 10:30 a.m. to 5:00 p.m.
- 03/22/20 Ohio Alateen Sponsors Workshop, Westlake Porter Public Library, 27333 Center Ridge Road, Westlake, Ohio 44145
- 05/16/20 Spring Assembly, North Congregational UCC Church, 1040 W. Henderson Road, Columbus, Ohio 43220; 10:00 a.m. to 5:00 p.m.
- 06/19-21/20 Al-Anon Ohio Area Convention, Hope Hotel & Concert Center (Dayton Area), 10823 Chidlaw Road, Wright Patterson Air Force Base, Ohio 45433 - The theme is "A Vision for Recovery."



The meeting closed at 8:38 p.m., followed by the Lord's Prayer. The next meeting will be held on February 21, 2020, at 7:00 p.m., at Rosary Hall, St. Vincent Charity Hospital.

Respectfully submitted, Sheila C., Secretary

SAC:Z:\\_SECYS\SHEILA\20200120COUNCILJAN2020MIN.DOCX



**Al Anon Declaration**

**LET IT BEGIN WITH ME—When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there and LET IT BEGIN WITH ME.'**

# We're 😊 Back!

	<p>Newsletter of the Greater Cleveland Intergroup Council</p>  <p><b>Al-Anon <i>HiLites</i></b></p>	<p>Every Month</p> <hr/> <p><b>1 for you 2 for the group 3 for newcomer</b></p>
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Just like we all go through periods of recovery where we temporarily withdraw and look inward to heal and regroup, the HiLites newsletter has had some “time off”. We are happy to report: we are back and ready to receive the information that is important to you and to your groups. Please remember, we are here for you. Regarding meetings, we will always post any time or location changes. Also many groups like to send in anniversary flyers. Please send anniversary flyers by the 20th of the month prior to your event. Two months prior is even better and will give you more “free advertising”! For example, If your event is in March, please send in your flyer by January 20th or at least by February 20th. **PDF’s** are preferred for our webmaster. **Google docs** are preferred for our newsletter. Any format can be converted, including email scans. If you have a PDF and another format, please send both for our increased flexibility. Cuyahoga libraries scan for free.

**Regarding Ala Share:** Ala Share can be an essay, poem, lyrics, illustrations (with or without words) or photos. Ala-Share is an original sharing from our members. It is just like a member sharing at a meeting. Please take what you like and leave the rest.

If you enjoy taking pictures on your phone and/or drawing or painting and would like to share some of your pictures (especially seasonal) would you please consider sending what you have to [hilites.clev.ais@gmail.com](mailto:hilites.clev.ais@gmail.com). No photos with faces please! White backgrounds work best. If you would like a citation, please include your first name and last initial. Please be aware when submitting to HiLites that you don't have the same degree of confidentiality that you do in a meeting because the HiLites is posted on a public website. Thank you!

**If you wish to receive HiLites Through the US Mail,** please call The Greater Cleveland Al Anon Office (216) 621-1381 and leave your name & address. Cost per year is \$15.00. Make checks out to Greater Cleveland Al Anon and send to: P.O. Box 42323, Brook Park, Ohio 44142-0323. You may print the Hi-Lites anytime (B&W or color) from the website [clevelandal-anon.org](http://clevelandal-anon.org). Thank you for allowing us to carry the message to others.

 Gratefully yours in service,

## CLEVELAND AL-ANON COUNCIL

Chairperson: Betty	Office: ☆Volunteers	Alateen: Gary & Sara
Secretary: Sheila	World Service	Website: Ray
Treasurer: Merri	Public Information: Regina	HiLites: Mary Jo Archives: Vivian
☆Office volunteers are: Julie C, Vivian M, Nancy H, Kathy B, Susan H, Kathleen M ☆		



**March 2020.**

**MARCH= “Marvelous Al-Anon Resources Courage & Hope”**

**STEP THREE= “Surrender, Thrive, Embrace Program. Trust HP,  
Reconnect Energetically & Emotionally.”**

**LET GO= “Love Everything Today. Gratitude Overflows”**

Acronyms shared by Gerri A.



February 2020

Dear Members,

Please help us get the word out by sharing this information with members in your Area: The *2018-2021 Al-Anon/Alateen Service Manual* (P-24/27) version two (2) is identified with version two (2) on the cover and the title page, and it includes extensive changes across all sections of the *Manual*. Therefore, change pages are not available to download.

The vertical bold lines in the margins on the sides of the pages indicate where changes have been made. Although there is no distinction regarding the bold lines between version two (2) and the original *2018-2021 Service Manual*, in general, version two (2) includes motions related to the *Service Manual* that have been approved since the original *2018-2021 Al-Anon/Alateen Service Manual* was printed.

Going forward, we will consider how best to indicate the changes that we make to the next version.

We are no longer including the Amendments section. The *World Service Conference Summary* contains an explanation regarding the reason for the informed group conscience decision(s) to make the changes to the Twelve Concepts of Service descriptive text section of the *Service Manual* which provides an official archive for the fellowship of the history of changes rather than just the previous wording.

An electronic copy of *2018-2021 Al-Anon/Alateen Service Manual* (P-24/27) version two (2) is available free of charge on the website [al-anon.org/for-members/members-resources/...](http://al-anon.org/for-members/members-resources/...)

Members who wish to have a current printed copy of the *Service Manual* can purchase version two (2) from their local LDC or the WSO.

Thank you in advance for sharing this information with the members in your Area.

With kind regards,

Suzanne M

Associate Director-Conference

**The HiLites subscription order form**

Price for One Year **\$15** Total amount enclosed \$ \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State, Zip Code \_\_\_\_\_  
Phone number \_\_\_\_\_

**Please make checks or money orders payable to and send to:**

**Greater Cleveland AI-Anon**  
P.O. Box 42323 Brook Park,  
OH 44142-0323

Telephone (216) 621-1381 Website  
[www.clevelandal-anon.org](http://www.clevelandal-anon.org) email  
[cleveland.ohio.ais@gmail.com](mailto:cleveland.ohio.ais@gmail.com)

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**The HiLites subscription order form**

Price for One Year **\$15** Total amount enclosed \$ \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State, Zip Code \_\_\_\_\_  
Phone number \_\_\_\_\_

**Please make checks or money orders payable to and send to:**

**Greater Cleveland AI-Anon** P.O. Box 42323 Brook Park, OH 44142-0323  
Telephone (216) 621-1381 Website [www.clevelandal-anon.org](http://www.clevelandal-anon.org)  
Email [hilites.clev.ais@gmail.com](mailto:hilites.clev.ais@gmail.com)

## Ala Share - monthly sharing of original essays, poems, lyrics & ideas

Members wishing to submit a share please send to [hilites.clev.ais@gmail.co](mailto:hilites.clev.ais@gmail.co)

2⊕2♥ HP = “Higher Possibilities“

Being on the offense is said to be the decisive form of war. Offensive operations aim to destroy or defeat an enemy. Alcoholism is a disease that families have been at war with for hundreds of years. In the 1920s the government attempted to CONTROL the situation through Prohibition but decided to repeal the futile laws in 1933. Today I am so grateful for Lois W., the co-founder of Al-Anon, who started the support groups for friends and family of alcoholics. Al-Anon has helped members world wide reclaim their lives by reconnecting with a Higher Power through a 12 step spiritual program filled with free principles for life and invaluable **TOOLS =“Today’s Offensive Operations Love & Serenity”**~ Gerri A. My Al-Anon literature and fellow members serve as daily reminders to give myself permission to focus on working on the life I was meant to enjoy by mindfully making healthy **CHOICES = “Chance Have Opinions, Individual Care, Extraordinary Serenity”** ~Gerri A. Choosing to pause and respond rather than react to challenging people or events is a powerful tool that I have gained from the program. I’ve learned so much about “me” by giving myself the gift of time to attend Al-Anon meetings. It may sound like a simple solution; however, in the heat of a conflict it is not always easy to refrain from reacting. Especially if I have allowed myself to become run down and have neglected my own needs without even realizing it. I truly resonated with Al-Anon’s Slogans (One Day at a Time, Let it Begin with Me.) and Program acronyms found in the daily readers (HALT : Hungry, Angry , Lonely, Tired) from the 1st day when I walked through the doors. Being accountable for my life choices when I’ve reacted loudly to unacceptable behavior in our home situation was sometimes hard because I wanted to just blame the Alcoholic for creating the disharmony in our family. After a few decades of experiencing the support and serenity of the program, I AM so grateful to know that it is possible to remain calm within the middle of any storm as long as I pause and utilize my Al-Anon tools. My Higher Power will ensure that I can handle whatever is happening in my life in a positive way. Thank you Al-anon for the gift of **PROGRAM = “Proactively Reframe Our Game, Realign Attitude Mindset.”**~ Gerri A

### Phone Meetings: Can’t get out for a face to face meeting? Is the

**weather too bad for driving?** Have your morning tea or coffee with daily CAL

readings around the kitchen table just like Lois and Anne every day. The electronic meeting list is available at <https://al-anon.org/al-anon-meetings/electronic-meetings/>.

Dial the number then enter the several digit code followed by # to enter the meeting.

Toggle \*1 to mute or unmute. Read, share or just listen. Participation is the key to

harmony. Many benefits await! It’s a wonderful way to start your day! Try the daily 5

am or 6:15 am at (712) 432-8818 Enter 8888# to enter the conference 📞📞📞📞

### Alateen Corner

The Ohio Alateen Sponsors Workshop is being held March 22nd (on a Sunday), 1-5pm at Westlake Porter Public Library, 27333 Center Ridge Rd, Westlake. Anyone interested, just show up, we'd love to see you. KOMIAC planning is progressing along. We held our 2nd planning session, Feb 16th and the group is accomplishing a lot. We are very proud of our Alateens and all their accomplishments in recovery and service! Please consider donating to Alateen for KOMIAC.

🍀🍀🍀🍀🍀 😊😊 **March Events** 😊😊 🍀🍀🍀🍀🍀

**Women Works AI-Anon Interactive Workshop**

March 14, 2020 8:30 a.m.- 4:30 p.m. at River's Edge 3430 Rocky River Drive Cleveland. This event has been sold out. Walk-ins not accepted, you must already be registered. Thank you.

**Saturday 4th Step Journey AFG 18th Anniversary**

Saturday March 14th 9 am to noon in the dining room at St.Paul's Episcopal Church 2747 Fairmount Blvd. Cleveland Heights 44106 Brunch served at 9, Meeting at 10 Speaker Panel

**Akron Intergroup Office Saturday Workshop** March 21<sup>s</sup> Topic is "Separating and Letting Go – Mine and Not-Mine" All Workshops are from 9 am till 12 noon, Saturday at 3614 Manchester Road, Suite 103, Akron, Ohio 44139 Cost is \$5 bring "Reaching for Personal Freedom" (see page 17 tear off).

**Amherst Sunday Night AFG 16th Workshop** March 21, 2020 8:30-2:30 \$5.00 Sponsored by Amherst Sunday Night AFG, the location is Good Shepherd Baptist 1100 Cleveland Ave Amherst 44001. Bring a brown bag lunch. Coffee tea water provided.

**Ohio Alateen Sponsors Workshop** Sunday March 22nd , 1-5pm at the Westlake Porter Public Library, 27333 Center Ridge Rd, Westlake. Anyone interested, please just show up!

**Three Time Change Reminders** 🕒 **Parma Hts., Brooklyn, & Bay Village all change to 7 p.m.**

- 1) Parma Hts. Just for Today, Parma South Presbyterian Church, 6155 Pearl Road, Parma Hts. OH 44130 New Time Mondays at 7:00 p.m.
- 2) Brooklyn Friday New Time Fridays at 7:00 p.m. Brooklyn Reformed Church, 9014 Biddulph Rd., Beginners Meeting at 6:30 PM
- 3) Columbia Discussion Group that meets Mondays at 29931 Lake Rd in Bay Village has changed their meeting times. The beginner meeting is now at 6:30 pm and their regular meeting has changed to 7:00 pm

📖 **Please note:** the [PDF Meeting Schedule](#) has been updated as of 2/23/2020 on the website. **Please encourage all groups to send their GR1 form to the [cleveland.ohio.ais@gmail.com](mailto:cleveland.ohio.ais@gmail.com) so the PDF can be kept up-to-date.**

**Meeting Support Please:**

**Saturday Rainbow** at 8:00 p.m. needs support. St. Paul Lutheran Church, 276 East Bagley Rd. Park in back. Enter using the back door on the right. There is an open AA lead meeting at the same time for men & women. Please encourage people to come. Thank you.

**Sunrise Serenity AFG** Monday mornings 7 a.m. Beginner's Meeting 8 a.m. St. John's Cathedral 1040 Superior Ave. Cleveland, Ohio 44114. There will be a series of talks on CD by one of our co-founders beginning the 2nd week of each month at the Sunrise Serenity at 7:00am. St. John's Cathedral in the Bishop Hickey room off the courtyard next to Subway. Parking is free in the surface lot until 8:00am and is easily accessible by several RTA routes, E.9th and Supporier Ave. follow the signs for the room.

## **AI-Anon Adult Children Thirst for Wisdom!**

Two new AI-Anon Adult Children groups (A Spiritual Awakening for Adult Children of Alcoholics AFG and How It Works for Adult Children of Alcoholics AFG) have heard the Experience, Strength and Hope of 3 Speakers in the past few months as well as that of others who have been attending weekly. Thank you for sharing.

Years ago I heard the expression: “A problem shared is a problem cut in half!” For me, that can be so true with my adult children issues. Sometimes they can be buried so deeply and come out so unexpectedly.

I also heard from a Sponsor several years ago that he had to learn the wisdom of walking through his issues rather than trying to run the other way or walk around them. Sharings by those at AI-Anon Adult Children meetings have reminded me of those pearls of wisdom as well as so many others. They have also helped me develop the courage and strength I need to continue to walk through my problems/issues.

Both of these groups welcome anyone affected by someone else’s drinking, as well as anyone interested in learning about AI-Anon Family Groups. After all, that is how many of us, including me, first came to the program wondering if it could help me. Can it help you? Drop by and try some meetings, work the Steps around your adult children issues. A longtimer told me several weeks ago; she tells people if it doesn’t work for you, we will gladly refund your misery. Additional Speakers to Share their Experience, Strength and Hope coming soon. Meeting Locations:

### **A Spiritual Awakening for Adult Children of Alcoholics AFG**

Tuesday Afternoon Beginners Meeting	12:30 PM
A Spiritual Awakening for Adult Children of Alcoholics AFG	1:00 PM

Rockport Branch Cleveland Public Library  
4421 W 140th Street  
Cleveland, OH 44135

### **How It Works for Adult Children of Alcoholics AFG**

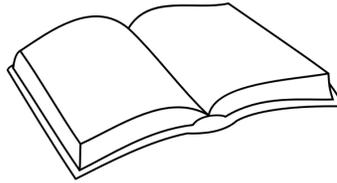
Thursday Evening Beginners Meeting	7:00 PM
How It Works for Adult Children of Alcoholics	7:30 PM

Dr Martin Luther Church  
4470 Ridge Rd  
Brooklyn, OH 44144

## Last Chance to Share for the New Daily Reader!

Many thanks to all who have generously sent sharings for our latest book in development. We now know not only what topics can be adequately covered, but also which subjects we are still missing. Please consider submitting sharings on any of the following topics that are missing or are currently in very short supply:

- Abundance
- Abuse
- Concept Two
- Concept Six
- Concept Seven
- Concept Eight
- Concept Eleven
- Literature
- Finances/money
- General Warranties
- Respect
- Responsibility
- Sex
- Shame
- Spirituality
- Tradition Six
- Tradition Eight
- Tradition Nine
- Trust
- Unity



Written by you?

Please let this book include such a variety of members' experiences and backgrounds that it clearly demonstrates how Al Anon can work for *anyone* affected by someone else's drinking. We've received only a few sharings from members who identified themselves as African American; Alateen; Alateen Sponsor; of Asian descent; LGBTQ+; men; people of color; or those who live outside of the US or Canada.

A writing guideline is available at [al-anon.org](http://al-anon.org). Send your sharings by June 1 to AFG. Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: "Daily Reader" at [wso@al-anon.org](mailto:wso@al-anon.org) with "Daily Reader" in the subject line; or at [al-anon.org/dailyreader](http://al-anon.org/dailyreader).

Participation is the key  to harmony

Hello Friends,

I hope 2020 proves to be a year of renewal and recovery for you. I was not able to find or create a list of the public outreach coordinators in each district, so I am sharing this monthly public outreach update broadly in the hopes that the information is of interest to you and that you will share it with others in your district that would benefit from the information. Please provide me with the email addresses of individuals in your district to include in future monthly updates. Also let me know if you would like to be removed from this distribution going forward.

Below are the latest updates in Public Outreach:

- The 2020 edition of Al-Anon Faces Alcoholism, Al-Anon's official public outreach magazine, is available for order. This publication will be available for order year round and can be shared with members, taken to professional offices, facilities, and other public locations. Attached is:
  - An AFA 2020 order form
  - A Promotional Flyer for use at conferences and events with tear-off tabs that provide AFA ordering options
  - A PDF copy of the AFA 2020 presentation, which can be presented to groups and distributed to others electronically or as a handout to help educate them about Al-Anon Faces Alcoholism
  
- The WSO's first video interview of an Al-Anon member, recorded at the 2018 Al-Anon International Convention, was posted on the Al-Anon WSO social media pages just before the holidays. While the interviewer is a nonmember and appears full-face, the member's anonymity and identify are protected in keeping with Tradition Eleven. Feel free to share the below links to the video with members, professionals and other interested parties.
  - Facebook (<https://www.facebook.com/AlAnonFamilyGroupsWSO/videos/vl.1403993143111840/1466391413514222/?type=1> )
  - Twitter (<https://twitter.com/i/status/1208416930891214851> )
  - Instagram (<https://www.instagram.com/tv/B6Y3UqrAp3A/> )

Please let me know if you have any ideas you have for public outreach projects in Ohio or if you need resources or ideas for projects in your district.

Until next month...

Sheri B.

Public Outreach Coordinator  
513-252-4703  
[swbogardus@gmail.com](mailto:swbogardus@gmail.com)  
[www.ohioal-anon.org](http://www.ohioal-anon.org)



## LITERATURE ORDER FORM

Al-Anon Family Group Headquarters, Inc. - World Service For Al-Anon and Alateen  
CONFERENCE APPROVED LITERATURE (CAL) - RECOVERY & SERVICE MANUALS

This Order Form is available online at [clevelandal-anon.org](http://clevelandal-anon.org)

### How to Order Literature from the Greater Cleveland Al Anon Office

- 1) Use the price list on the [clevelandal-anon.org](http://clevelandal-anon.org) website (first drop down under the document tab). Do not use WSO prices. See above ↑
- 2) You may call the office for pricing 9:30 a.m. -3:30 p.m. M W or TH.
- 3) Shipping will be added only to those orders being shipped.
- 4) Mail literature orders into 14900 Detroit Avenue, Suite 308,  
Lakewood, Ohio 44107
- 5) or email to [cleveland.ohio.ais@gmail.com](mailto:cleveland.ohio.ais@gmail.com)
- 6) Checks payable to Greater Cleveland Al-Anon Intergroup Council
- 7) Send payments to the Greater Cleveland Al-Anon, PO Box 42323,  
Brook Park, Ohio 44142-0323.

## Office Volunteers Needed



Office staff volunteers are needed for **Fridays ONLY 9:30 am-3:30 pm** at the Greater Cleveland Al Anon Office. There is a volunteer form (last drop down under “Documents” tab on [clevelandal-anon.org](http://clevelandal-anon.org)). Office location is 14900 Detroit Avenue, Suite 308, Lakewood, Ohio 44107. You may mail in the form, drop off the form at the office, or download and scan to [cleveland.ohio.ais@gmail.com](mailto:cleveland.ohio.ais@gmail.com) or call (216) 621-1381 9:30-3:30 pm if interested. Thank you for your consideration!

## Sharing 7th Tradition With the Three Arms of Service

### **Donation Information** **Your Group's Gift to Al Anon**

For All Donations: Please include your group # (found on the meeting PDF on our website) on the check memo line!

#### **How to donate to Greater Cleveland Al Anon Office**

Please send checks made out to:  
Greater Cleveland Al-Anon  
PO Box 42323, Brook Park, OH 44142-0323

#### **How to donate to Ohio Area Assembly**

Make all checks payable to **AFG of Ohio** and mail to:  
AFG of Ohio, Inc.  
PO Box 524  
Columbiana, OH . 44408-0524

#### **How to donate to Alateen**

make Checks payable to;  
Cleveland Alateen  
PO Box 42323  
Brook park,  
Oh 44142-0323

#### **How to donate to WSO**

Send donations to Al-Anon Family Groups Inc. 1600 Corporate Landing Parkway  
Virginia Beach VA 23454-5617 or at [al-anon.org](http://al-anon.org).

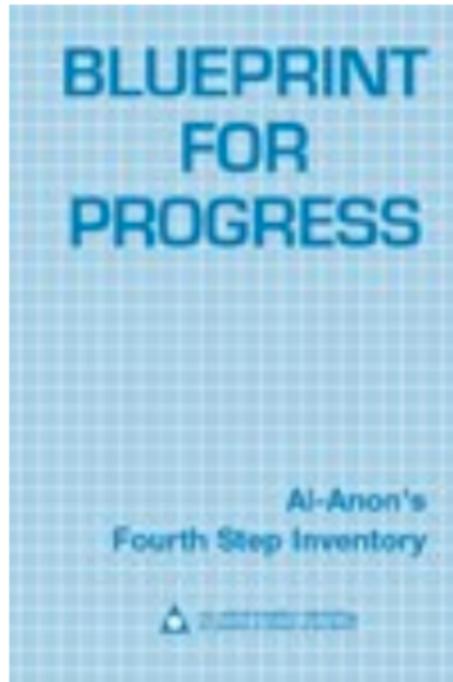
From the 2019 World Service Conference Summary on page 18 (left hand side, near the top):  
"What does it cost to support a group? What should a group be aiming for in contributions to the WSO?"

*The cost is \$292 per group."*

It was noted that more info about WSO services to the groups is provided on the back of the November 2019 WSO quarterly plea letter sent to the group CMA (current mailing address). The plea letter and the detailed info "How Al-Anon Serves Your Group and You" are links available for click-on in the November issue of *In the Loop* (News from Your WSO). Any Al-Anon member can subscribe to *In the Loop*.

Please consider donating to WSO (group secretaries should have received the quarterly plea). Many groups have had a good year and are capable of making a sizable donation, so please bring it forward in a group conscience. Without the World Service Conference, we would not have the world wide multi-lingual fellowship of Al Anon.

WE CORDIALLY INVITE YOU TO THE  
**SATURDAY 4TH STEP JOURNEY AFG**  
**18TH ANNIVERSARY**  
SATURDAY, MARCH 14, 2020  
9AM—12 NOON



Dining room at  
St. Paul's Episcopal Church  
2747 Fairmount Blvd.  
Cleveland Heights, OH 44106  
Brunch served at 9 am  
Meeting begins at 10 am  
SPEAKER PANEL (New/Intermediate/Seasoned)

**ALL ARE WELCOME!!!**

# “TO DO or NOT TO DO” IN AL-ANON

Come Join our 16<sup>th</sup> Annual Workshop  
Sponsored by the Amherst Sunday Night Al-Anon Group

**Saturday, March 21st, 2020**

**8:30 am – 2:30 pm**

**GOOD SHEPHERD BAPTIST CHURCH  
1100 CLEVELAND AVE  
AMHERST, OHIO 44001**

**\$5.00 Workshop Fee**

**(Proceeds go to the purchase of Al-Anon How it Works & Alateen Literature)**

<b>8:30 – 9:00 am</b>	<b>Registration &amp; Welcome (Coffee, Tea &amp; Bottled Water Provided)</b>
<b>9:00 am</b>	<b>Prompt Workshop Start</b>
<b>11:30 –12:30 pm</b>	<b>Bring your own Brown Bag Lunch (Coffee, Tea &amp; Bottled Water Provided)</b>
<b>2:30 pm</b>	<b>Closing</b>

**PLEASE call to REGISTER by Weds. March 18th**  
**(We need an approx. head count so we have enough supplies)**

**Walk - In Registration will also be available that morning. Please join us.**

**Please call for registration or with any questions to:**

**Susan T. (440) 965-8147  
Donna B. (440) 370-1194**

*just*  
**DO NOTHING!**



TO Do...

- \_\_\_ Slow down.
- \_\_\_ Breathe.
- \_\_\_ Live in the moment.
- \_\_\_ Let go of the past.
- \_\_\_ Forgive.
- \_\_\_ Work hard.
- \_\_\_ Laugh hard.
- \_\_\_ Be good to myself.



## Saturday Workshops for 2020 - Come Grow With Us

<b>February 15<sup>th</sup></b>	Is It Mine – Thru Serenity Prayer
<b>March 21<sup>st</sup></b>	Separating and Letting Go – Mine and Not-Mine
<b>April 11<sup>th</sup></b>	This Is ME, "I love this person, warts and all"
<b>May 9<sup>th</sup></b>	Editing My Soul
	<b>June</b> – No workshop - <b>85<sup>th</sup> FOUNDER'S DAY IN AKRON</b> – You will grow here
<b>July 11<sup>th</sup></b>	Release Negative, Maximize Positive – Truth & Trust
	<b>August &amp; September</b> – No Workshop – Summer Break
<b>October 10<sup>th</sup></b>	Making a List, Finding Courage To Change
	<b>November</b> - No Workshop – <b>Gratitude Night</b> – You will grow here too
<b>December 12<sup>th</sup></b>	Spiritual Me – Personal Rainbow – "The Weaver & I"

All Workshops are from **9 am till 12 noon, Saturday**

AT THE INTERGROUP OFFICE **3614 Manchester Road, Suite 103, Akron, Ohio 44319**

**Cost: \$5.00 per person, per Workshop** – all proceeds go to the Intergroup Office to keep the doors open.

**Beverages and light breakfast** (fruit, muffins, bagels) will be provided, and included in the cost of the workshop

Be sure to bring your **workbook "Reaching For Personal Freedom"**. If you do not have it and wish to own it, this book is available for purchase at the catalog price of \$15.00 – Districts will cover the tax and handling fees.

HOPE TO SEE YOU THERE – YOU ARE IN FOR A FANTASTIC JOURNEY INTO YOURSELF.

**WALK-INS ARE WELCOMED**

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### **Registration – Workshops 2020**

Name \_\_\_\_\_, phone # \_\_\_\_\_, # of persons attending \_\_\_\_\_

Date(s) of Workshop \_\_\_\_\_, if attached, payment \$ \_\_\_\_\_, check (y/n) \_\_\_

**Please, make checks payable to: AAA Intergroup. Mail to: 3614 Manchester Rd, Suite 103, Akron, OH 44319**